

# Sleep Apnea





# What is sleep apnea?

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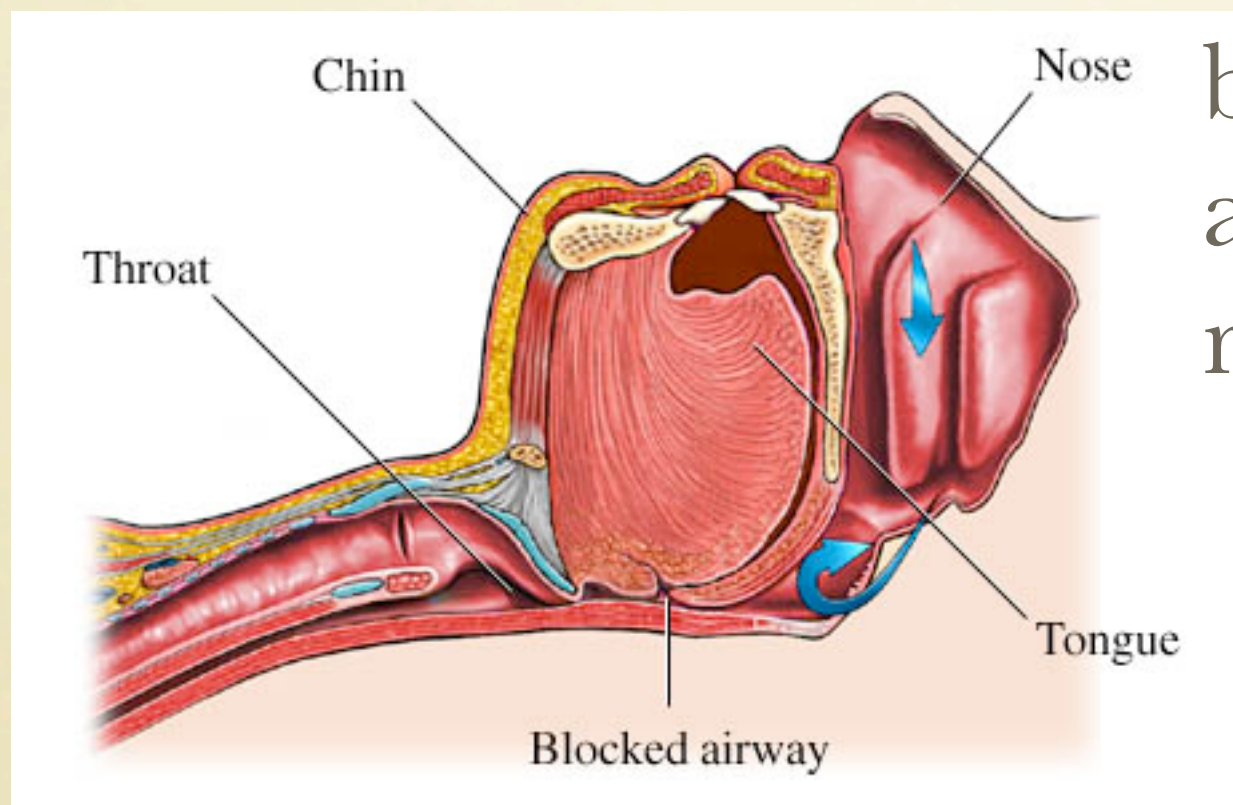
A sleeping disorder characterized by pauses in breathing during sleep.





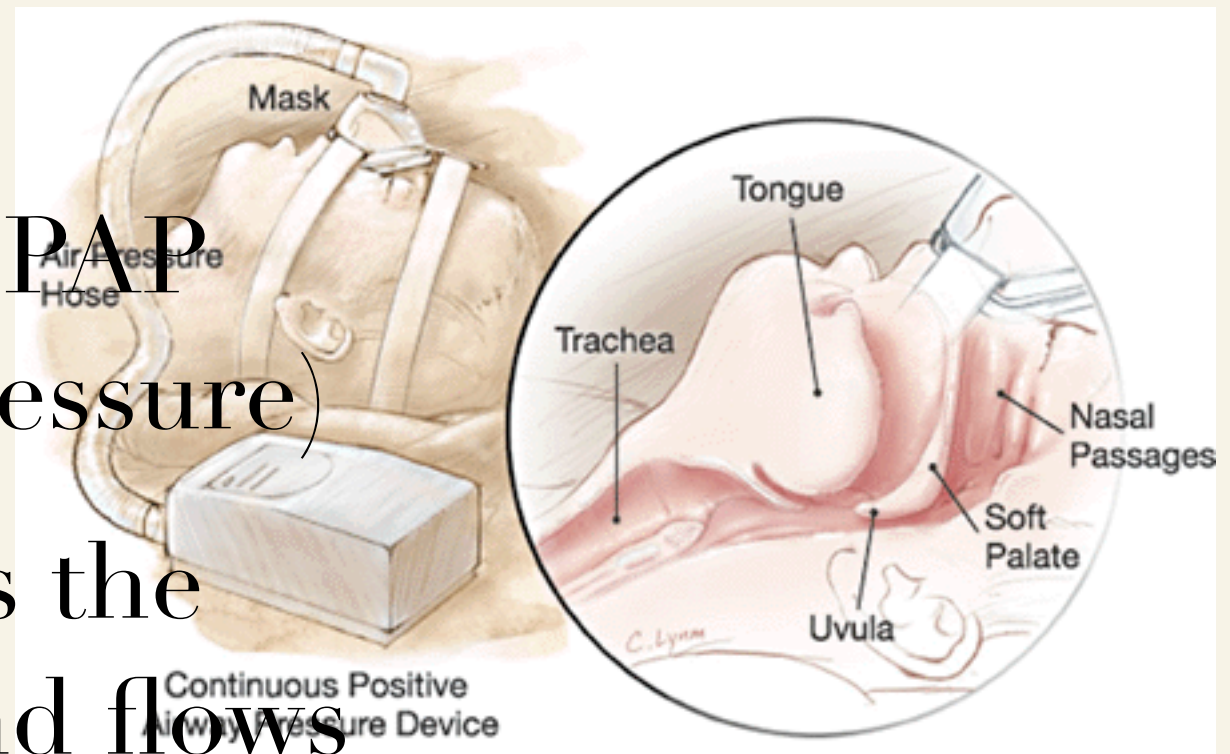
# HOW DOES THIS OCCUR?

- Breathing is interrupted by a physical block to airflow despite respiratory effort.



# How is this treated?

- ❑ By a device called PAP (Positive airway pressure)
- ❑ This device splints the patient's airway and flows pressurized air into the throat







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# Three types of sleep apnea

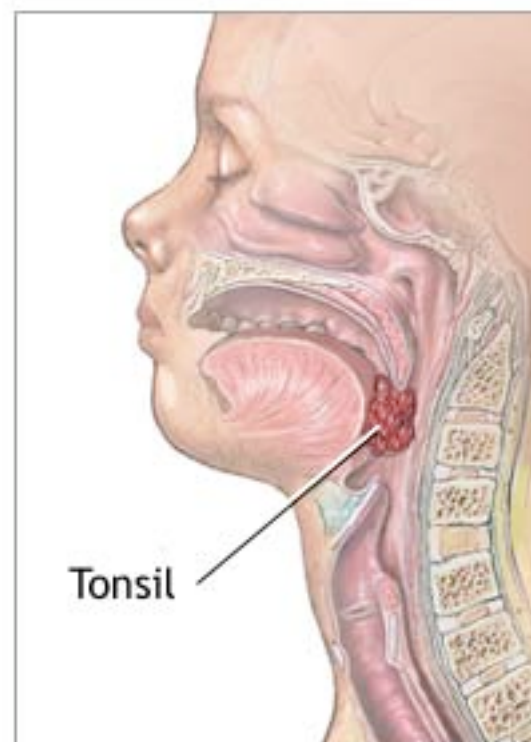


# Obstructive sleep

- Snoring.
- Air movement won't be efficient if the upper airways are obstructive.



Greatly enlarged  
tonsil causing  
obstructive  
sleep apnea



ADAM.



# Complex sleep apnea

- The most common sleep apnea
- Complex sleep apnea is a form of sleep-disordered breathing



# Central sleep apnea

The brain's respiratory control are not balanced during  
the sleep

The brain does not function well during sleep.  
-does not respond to blood levels.



- When a person sleeps the body is at rest. Oxygen levels and carbon dioxide in the bloodstream are fairly constant
- In central sleeping breathing rate malfunctions fails to give signals to inhale (Causes the individual miss one or two one or more cycles)